

## General notes – Important!

I am happy to answer any questions about treatment directly. You can contact me at the clinic (01603 665173) or at 01603 485776 (this second contact number is usually an answerphone - I will return the call as soon as I have collected the message).

**Beginnings** - It is best to just come initially for one session. This gives you an opportunity to get a feel for how I work, and whether that suits you. It also gives me an opportunity to observe how much effect the treatment has – which is useful for planning a treatment programme, and helps me to assess how many treatments might be necessary.

**Please book ALL appointments with the Clinic receptionist  
– either when you come to an appointment or telephone  
01603 665173**

**Confidentiality & Consent** - All treatments are fully confidential. I will only write to your GP or specialist with your specific consent, and you will receive a copy of any such letter. CST is primarily a hands-on technique which depends on mutual trust and respect. It is most effective if you are comfortable with the contact being used. If you are *not* comfortable with it in any way, then it is far better to speak rather than lying there “thinking of England”.

**Ideal clothing** - is soft, loose-fitting trousers and shirt. It is helpful if you do not wear perfume/aftershave. Treatments are usually fully clothed, with shoes, belts, magnets, earrings and necklaces removed, and tight clothing slightly loosened. Some work with scar tissue and the soft organs in the abdomen require direct skin contact for best results.

**Information** - Please keep me up to date during a treatment programme with any changes in your contact details (address, telephone, email) and any

other treatments you are receiving (mainstream or complementary), including any changes to prescribed medication.

**Number and frequency of treatments** - CST can be used to assist both acute and chronic symptoms, even ones which have been present for several decades. It takes an *average* of 4 to 6 sessions to achieve substantial effects; sometimes as little as one, sometimes 12 or more sessions. The time between treatments usually increases as the treatment programme progresses and as your body begins to make repairs itself.

If the condition is acute (i.e. you are in a lot of pain and need to address it urgently), treatments are usually weekly, progressing to fortnightly or longer intervals as appropriate later in the treatment programme. Obviously this timescale depends to some degree on what you bring for treatment and how long it has been present. I will continuously review your symptoms, progress, etc.

Although I cannot guarantee outcomes, well over 90% of patients receive substantial benefit from CST – often far more than they expected to be possible. This is a very high “success” rate for ANY form of medical intervention. Rather than leave the number of treatments open-ended, I review the progress with you on a regular basis – usually every 4 to 6 sessions, depending on what is being addressed. I recommend that you give CST at least 4 to 6 sessions to have an effect – although I have found that it will usually have an effect far more quickly than this.

I treat you as I would wish to be treated myself.

**Long-term maintenance** - In addition to its valuable use to relieve pain, CST can be effectively used as part of a long-term health programme. Preventative treatment sessions (i.e. when you feel healthy!) can improve your sense of wellbeing and directly contribute to your good health through into old age.

**After Treatment** - It is best to sit on the edge of the couch for a short while after a session to make sure you are feeling fully awake and alert. Take a brisk walk and make sure that you are feeling coordinated again before driving a car.

As a general rule, most types of movement are very beneficial to help the effects of the treatment integrate into your whole body. Please talk with me during the session if you are unsure as to what kinds of exercise might be suitable. I would not usually recommend anything as strenuous as weightlifting, vigorous aerobic exercise, football or rugby or squash within a few hours of the treatment session.

**Techniques** – Craniosacral Therapy (CST) is the core technique in my practice. I have studied this under a variety of different CST schools since 1994 and have over 20 years of experience in complementary therapies (I initially trained in Reflexology and Spiritual Healing), so you are receiving an “Andrew Cook” treatment as much as a CST treatment. In addition to CST I have trained to practice Sensorimotor Psychotherapy specifically for work with PTSD. In particular I often use “dialoguing” techniques to increase body awareness, to link your conscious mind in to the more visceral and tissue-based “intelligence” of the body, and to help “resourcing”. This might sound strange, but it is a very straightforward and highly practical approach for *both* “personal development”/process bodywork *and* pain management for more physical problems. In particular (when they are appropriate to use) these dialoguing techniques also put you far more in charge of the treatment, and give you very useful self-help skills that can be applied away from the treatment room.

**Insurance & Ethics** – I am fully insured as a professional CST practitioner, and work according to the code of ethics and practice of the CSTA <http://www.craniosacral.co.uk> (Craniosacral Therapy Association, UK). In addition to CSTA requirements (insurance, first aid certification, continuous professional development), I receive regular supervision.

## How to make the most of a treatment session

CST is a way of releasing the self-healing potential of your own body in a physical way. Consequently, what you experience inside yourself during a session may be unfamiliar, and is occasionally uncomfortable. It is worth bearing in mind the two following general guidelines which can have an enormous impact on the usefulness of the session :

- a) At the beginning of each session is it worth stating simply what (if anything) has changed about your symptoms, and what is your priority for this treatment session. This might sound trivial, but having a clear, stated *positive* intention makes a big difference.
- b) Be lightly curious about your body and the sensations inside it during the session, and attempt to bring your attention (gently) to this rather than getting lost in the usual chitter-chatter which goes on in the mind. It is particularly useful to observe “sensations” as plain and simple sensations rather than their interpretation. For instance, there is a trend in modern western society to interpret any discomfort as “bad”. Instead, it is far more useful during a treatment to notice the detail of what is happening, as if you were looking at colours in a painting, or different notes in a piece of music.
- c) Do NOT deliberately TRY to relax. This creates deep tensions which are counterproductive.
- d) Similarly, if you meditate or use some method/technique to cut-off from pain or to stop mental chit-chat (whether that is self-devised or something you have been taught), please talk with me about this instead of just automatically using it during a session.

Appointments and Cancellations Policy  
Andrew Cook MSc RCST  
Craniosacral Therapy

**Appointments** are available :

Monday 0900 – 1800 (last appt 1630 or 1700)

Tuesday 0900 – 2000 (last appt 1900)

Wednesday 0900 – 1730 (last appt 1630)

This occasionally varies, so please check with the clinic receptionist.

All appointments and cancellations are to be made through the reception desk **01603 665173** (Mon-Sat)

The receptionist will give you a card with the date and time of appointment.

**Fees** : Appointments usually take 50 minutes, and (as from Feb 2008) are £40 and £24/half hour (£24 for babies and children under 16 regardless of how long the appointment lasts). A small number of concessions are available by negotiation (but the first appointment is still charged at the standard rate).

**Minimum notice** : If you wish to cancel an appointment, we require at least 1 working day (minimum 24 hours) notice by speaking directly to the receptionist. Although we make every effort to check clinic emails and answerphone, we need at least 36 hours notice if cancellation is made by these methods. Monday appointments must be cancelled before 430pm Friday.

**Late cancellation charges** : 50% of the standard appointment fee

**Exceptions** to this are : emergency hospital admission and family bereavements, when no cancellation fee is payable (but please phone us and let us know!) A late cancellation fee may be waived if there are spare appointments available and the appointment is rebooked within the same working week.

**Complementary Health Care Clinic**  
**34 Exchange Street, Norwich NR2 1AX**  
**01603 665173**

**Andrew Cook** MSc RCST  
**Craniosacral Therapy**  
**NOTES : Working with Scar Tissue**

One of the treatment areas I have specialised in over the past 10 years is the release of scar tissue and internal adhesions. I worked on the "Big C" complementary health care project for cancer patients, and during that time adapted several CST techniques for working directly with chemotherapy pain (chording, numbness, frozen muscles, etc), and pain and immobility resulting from both radiotherapy and surgical scar tissue. I have expanded these over the past decade to suit scarring and muscle tearing from virtually any form of injury. Adhesions of the soft tissue organs of both the abdomen and chest (resulting from infections or other causes, including surgery) also respond very well to treatment. Pain associated with recent injury (within the past 18 months or so) can sometimes be resolved in just one treatment session, and I have assisted people who have had very extensive scarring for several decades – substantially increasing sensations of comfort, and decreasing discomfort.

My experience is that scar tissue or adhesions (which have been present for anything up to several decades) often create adjacent areas of immobile tissue which can then cause anything from back pain to bladder problems to fibromyalgia to headaches and many other symptoms. If you have scar tissues from an operation or old injury and have developed ANY form of pain syndrome or illness between 2 and 20 years after the incident, there is a *possibility* that

- a) the scar tissue may be a cause of this, and
- b) it might be very easily treatable using CST techniques

The best way to find out if CST can help is to book just one exploratory treatment – in about 50% of cases, simple scar tissue "problems" respond substantially in just one session, or I will be able to give a fairly good indication of what might be causing the particular issue.

**Appointments available at:**  
**The Complementary Health Care Clinic**  
**34 Exchange Street, Norwich NR2 1AX**  
**01603 665173**

## Notes for anyone not familiar with complementary therapies

**It is VERY important to recognise that there are substantial differences between orthodox medicine you receive through the NHS, and complementary medicine.**

**Is it free?** Almost all complementary practitioners are private sector/self-employed. Health insurance may occasionally be reclaimed if you have a suitable private policy, but this is the exception rather than the rule.

**What can be helped?** For a list of typical problems treated by CST, see my leaflets, or visit <http://www.hummingbird-one.co.uk> My services are typically used by patients who:

- (i) would prefer to use more “natural” or non-invasive treatments wherever possible
- (ii) have some condition which is not well catered for in the NHS system
- (iii) have tried other treatments (including mainstream medicine) and found it has not worked for them
- (iv) wish to address “problems” before they become serious medical conditions.

Complementary therapies - and specifically CST - are particularly effective (compared to conventional medicine) when there is a combination of emotional and physical causes, resulting in pain or other distressing physical symptoms. CST also works very well with purely physical injuries, even if these are several decades old.

**My responsibility and your GP...** Although I have a duty of care, there are certain areas in which this overlaps your GP's duty of care. I cannot

over-rule your GP or consultant. What I can do (in addition to treatment) is offer you an alternative viewpoint, and help you to reach an informed decision about your health and how best to look after it.

**Your responsibility** Unlike the model of “health care” which may have been taught to you through popular culture, we believe that your health is your own responsibility. This is usually an unstated assumption by anyone using complementary therapies, simply because they have chosen to pay for a treatment of their choice. Whilst I and your GP do our very best to offer you good advice, it is your responsibility to decide what advice you are going to follow, how you are going to look after your body, and to communicate adequately with your GP (who has legal responsibility for your care).

**Side effects and reactions to treatment...** Occasionally (less than 1 in 10 treatments), CST can produce uncomfortable side effects. These “healing crises” are a result of your body's internal changes as it makes repairs; and usually last less than two days. They can take many forms, but often feel like a return of previous, familiar symptoms; or can include unfamiliar tingling or other sensations. If you experience these in a way which concerns you, or they last for more than 48 hours, it is better to call me and discuss them rather than worry. The majority of these healing reactions are minor; and the vast majority are totally safe. I have been concerned about a “healing reaction” less than ten times during twenty years of complementary therapy practice. So the general rule is – a slight *temporary* increase in symptoms or return of old symptoms you have not experienced for several years, or a change in symptoms (e.g. moving around instead of static) – are all positive signposts on the road to health.

**Emotional factors...** Physical tissue or muscle releases can occasionally result in emotional discharges, which most often are some form of anger or sadness. The techniques I use are designed to limit these as far as is possible to a manageable level, and support you through them during the treatment session if they occur.

**An alternative to proposed medical interventions...?** I am occasionally asked to help someone avoid a particular conventional intervention such as an operation or a course of medication. My ability to help is governed by how much your GP is able to agree to conventional treatment being delayed while you first try out “something else”. This is your responsibility to negotiate with your GP, and you must come to a decision based on his/her advice.

**Working with very severe illness...** The more extreme the conventional intervention, the less easy it is to treat using complementary therapies, mainly because we have to work round your increased dependency on your GP and specialist, and also have to work within UK law. Typical situations include heavily medicated heart conditions, “broken necks” and cancer. I am not saying that we cannot work in these circumstances. But if you are receiving a strong intervention from conventional medicine, then BOTH you and I have a far greater responsibility to liaise with your GP.

**More information about CST.** “*Your Inner Physician*” by Dr. John Upledger is a very easy read which most people find hard to put down once they have started. Written by the inventor of CST, it describes (more or less) what CST is and how it works. I have several of these books in the clinic for loan to clients. Also, see my website : <http://www.hummingbird-one.co.uk> ) which contains a lot of information on complementary therapies and CST. Another very readable book with a very different view of CST is Michael Kern’s “*Wisdom of the Body*”.

**Resources** - A selection of resources for use at home. All of the resources here are listed because I have used them personally and found them to be of great benefit.

**Body-mind integration exercise** – see [http://www.hummingbird-one.co.uk/pdf/body\\_int.pdf](http://www.hummingbird-one.co.uk/pdf/body_int.pdf), or ask me for a printed copy if you are not on the internet. This is based on several very powerful techniques, and is a very effective introduction to self-healing on both physical and emotional levels.

**Bruno Gröning** – [www.bruno-groening.org/english/](http://www.bruno-groening.org/english/) - an extraordinary “healer” who died in 1959, but through whom healing is still available. He stated that health is a natural state, and that there is divine healing energy (“Heilstrom”) available around us all the time – we just have to let go and ask for it to flow in.

**HeartMath biofeedback.** A device, with a lot of potential for improving long-term physical and emotional health (about £200). See <http://www.heartmath.org>. I also run occasional workshops introducing the science and practical techniques on which this is based (see below), and offer one-to-one biofeedback training.

**Qigong Video, CDs and tape** from **Zhixing Wang**, Chinese Heritage – contact Catherine Kavanagh on 0208 771 6927 or [catherine@chineseheritage.co.uk](mailto:catherine@chineseheritage.co.uk). Zhixing is a Qigong master teaching in London. The CDs and tape have had huge effect on people suffering from serious illnesses of many kinds. The Video demonstrates a series of Qigong exercises and more active self-healing techniques.

**John Levine’s Alphas music** <http://www.silenceofmusic.com> - skilfully composed and played using natural instruments, and creates a balanced autonomic and alpha brainwave state. This music reduces disruptive behaviour amongst hyperactive children, increases learning and concentration in children and adults, decrease stress levels, and may also be used for pain management.

**Workshops.** I regularly run weekend workshops introducing the principle behind CST and teaching a few easy and safe self-help techniques. I also teach a 1-day workshop on the body-mind integration exercises and heartmath principles. Both these are presented with plenty of background theory and practical exercises. Phone me for more information. I usually run workshops in February and November each year.

**The Amazing Liver Cleanse** by Andreas Moritz. This book provides a thorough understanding of what causes gallstones in the liver and gallbladder and why these stones can be held responsible for the most common diseases so prevalent in the world today. It provides the reader with the knowledge needed to recognize the stones and gives the necessary, do-it-yourself instructions to painlessly remove them in the comfort of one’s home.

**Other practitioners** – The Complementary Health Care Clinic on Exchange Street has an excellent range of qualified, skilful and experienced practitioners, including Nutrition, Herbal Medicine, Acupuncture, Hypnotherapy, Counselling, Flower Remedies, Reiki, Metamorphic Technique, Chiropractic, EMDR, Reflexology, Homeopathy and several different highly skilled massage practitioners. Many of these will complement a course of CST, particularly in cases of severe long-term illness.

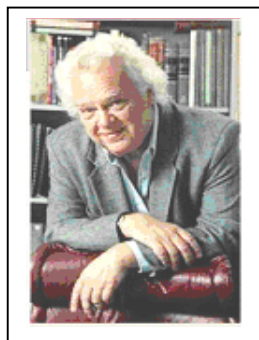
**Hawaiian Huna** – see [www.secretgarden.eu.com](http://www.secretgarden.eu.com) – weekend (and longer) personal development retreats and workshops.

**Mechanical exercise devices** : I personally don’t like most mechanical “health aids”, but I have found the following very useful for compressed vertebrae, prolapsed disks and various other problems :

1. **Chi Machine** – about £150 from [http://www.electronichealing.co.uk/products/chi\\_machine\\_deluxe.htm](http://www.electronichealing.co.uk/products/chi_machine_deluxe.htm)
2. **Inversion tables** (ask at any gymn equipment supplier : from about £200)

### Where did CST come from?

Craniosacral Therapy (CST) originated in research carried out by Dr John Upledger<sup>1</sup> in the USA during 1970's. He combined key elements from many complementary therapies including Osteopathy, Cranial Osteopathy, Spiritual Healing, Acupressure, Hypnotherapy, Gestalt and Psychosynthesis into his own practice. John Upledger found that a particular way of viewing the human body came out of this combination of skills which allowed a highly flexible approach to treatment, and a treatment protocol which was both extremely effective and extremely safe.



The guiding philosophy behind all CST treatment sessions is that the body knows how to heal itself, and should be encouraged to find its own way of doing this. Rather than being someone who "does things" to "cure" a problem, the "therapist" is a facilitator who respects this inner **body wisdom** and works in cooperation with it. All CST techniques are designed to either work directly with self-healing systems of the body in a way which is respectful and non-invasive. CST is an approach which seeks to find health rather than dealing directly with illness. This is not an empty statement – but rather a profound departure from most ways of dealing with the human body. There are self-organising forces in the body which



express themselves in several ways – these are encouraged, assisted, strengthened, and "re-membered" – so that the body is operating as an efficient whole unit rather than separate islands of activity.

Probably the main influence for CST is Cranial Osteopathy<sup>2</sup> as devised by William Garner Sutherland in the USA during 1920's-1950's and expanded by pioneers such as Rollin Becker. John Upledger has gone on to expand CST into areas such as Somato-Emotional Release™ – a method of dialoguing with the inner body wisdom – and I am currently studying Somatosensory bodywork, another dialoguing technique devised specifically for PTSD. Meanwhile, the "Biodynamic"

CST schools have followed the path taken by Sutherland in his later life, seeking longer and longer physiological rhythms to access more fundamental (embryological) formative patterns of health. I use both Upledger and Biodynamic approaches in my practice.

CST is a young discipline, and so the background theory and techniques are still rapidly evolving, and whilst there are common elements between all practitioners, there is an enormous diversity of approach and application of technique.

<sup>1</sup> <http://www.upledger.com/home.htm>

<sup>2</sup> <http://www.cranial.org.uk/>

### Mot massage or manipulation, but "something else"...

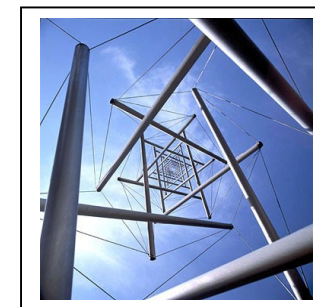
In the practice of CST there is an ideal type of contact – this often roughly translates into "hand pressure", but can also have other meanings, and this contact varies over time. Too much pressure, and the defence systems of the body treat the contact as an external force and resist it; too little contact and the techniques become less efficient in many ways. There is an ideal balance point, and holding this exact point of pressure/tension allows the body to make its own adjustments – in exactly the order and manner which it "wants" to repair itself – the intelligence of nature is given a chance to express itself. This balance point includes the qualities of stillness and spaciousness.

Of the physiological systems being contacted, the two easiest to describe are the "tensegrity" structures consisting of connective tissue; and the long rhythmic "tides" which appear to organise the body's total pattern of health and mobilise the self-healing forces available in the body.

**Tensegrity structures** were devised by Ken Snelson<sup>3</sup> while he was apprenticed to the famous architect Buckminster Fuller. Snelson separated the usual components of compression and tension in engineering structures, and made free-standing dynamic sculptures which appear to hang in mid air with no apparent means of support. Subsequent research by Ingber<sup>4</sup> has shown that all living things - from a cellular level up to complex musculoskeletal systems – are mechanically structured around elastic membranes and compressive elements, which act together as intelligent tensegrity structures.

### Evolution, Health and Rhythms

As we developed into human beings over millions of years, the pressures of evolution have endowed our bodies with a large spare range of adaptation. This adaptation capacity can be used for anything – surviving in extremes of temperature, fighting off illness, being pushed beyond the normal limits of endurance – and many other pressures which we rarely face in the modern world. The experience of CST practitioners is that the strength of this adaptive capacity is reflected in the presence of certain long rhythms in body tissues – lasting some 10 to 100 seconds. All CST practitioners work to improve the strength, symmetry and coherence of these rhythmic tides, based on the experience that this technique has a huge impact on the self-regenerative capacity of the body. Often, it is not necessary to address a specific "problem" directly. Instead, simply increasing the coherence of long tidal physiological rhythms can jump-start a healing process – and the body does naturally what it was "designed" to do – it heals itself.



<sup>3</sup> <http://www.grunch.net/snelson/>

<sup>4</sup> <http://web1.tch.harvard.edu/research/ingber/publications.html>